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Monday, March 26.

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In 3 Hh
Housekeepers' Chat

(NOT FOR PUBLICATION)

Subject: "Sponge Cakes." Substituted for "News from the Women's Club." Program includes questions and answers, menu, and a new recipe. Approved by Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

Last night I had a telephone call from a young housewife who wanted to know how to make a sponge cake. She said she had never yet made a sponge cake which was anything but a flat and dismal failure.

In order to please this young woman, I promised to give a little lecture today entitled "Sponge Cakes, and How to Make Them." Perhaps other homekeepers will be interested in my directions, for surely a light and delicate sponge cake is worth striving for.

In the first place, a sponge cake is a cake made without fat. Eggs supply the liquid in sponge cakes, and serve as a means of adding air for making the cakes "light," or for leavening. Lemon juice or cream of tartar is added, because the acid affects the egg in such a way as to make the cake more tender. Fine, soft-wheat flour gives best results in cakes of this type.

I shall give you the ingredients for a simple sponge cake, and then tell you how to combine them. Six ingredients, for this cake:

1 cup sifted soft-wheat flour	1/2 teaspoon salt
4 or 5 eggs	3 teaspoons lemon juice
1 cup sugar	1/2 lemon rind grated

Everybody have six ingredients? Better repeat them, to make sure: (Repeat)

Now, because of their delicate texture, sponge cakes require more careful mixing and baking than other cakes. Add the sugar to the beaten egg yolks. Then add half the salt to the sifted flour. Add the other half of the salt to the egg whites, and beat them stiff. Fold the beaten egg whites into the mixture, and add the flavoring last. For beating the egg, a dover beater gives satisfactory results, and requires less time, and energy, than a wire whisk. Pour the batter, as soon as it is mixed, into a smooth, ungreased baking pan.

For a large or medium-sized loaf of sponge cake a tube pan is best, because the center opening allows the mixture to heat evenly. Powdered sugar may be sifted over the top to make the crust more crisp. The oven should be ready for the cake as soon as it is mixed and in the pan. A large or medium-sized sponge cake should be baked slowly at about 325° F., small cakes at somewhat higher temperature, or about 340° F. In cutting the cake for serving, it will be lighter if broken apart with the fingers or a fork, rather than cut with a knife.



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There, that's all there is to making a sponge cake, and I maintain that a sponge cake is easy to make--if you have accurate directions, and bake it slowly in a moderate oven.

The questions today are of a miscellaneous nature.

First question: "What does grapefruit contain that makes it a valuable food?"

Grapefruit is a good source of at least two vitamins, B and C, which help to prevent certain so-called "deficiency" diseases. The pleasant aromatic odor of grapefruit also literally makes the mouth water, for it starts the flow of digestive juices, and the acid that gives the tart flavor helps the food to move through the digestive tract in a healthful way.

Second question: "What is a reliable home method of preserving eggs?"

A good method of preserving eggs is to put them in a clean stone crock and cover them with a solution of so-called "water glass." The concentrated water-glass solution may be bought at the drug store. One part of this should be mixed with 9 parts water which has been boiled and cooled. Stir this mixture well and pour it over the eggs.

Third question: "The waffles stick in my electric waffle iron. Should I grease the iron?"

No. An electric waffle iron should never be greased. Perhaps your waffles stick because you have not put enough melted butter or other shortening into the batter. One or two extra tablespoons of melted shortening in the batter will often keep waffles from sticking in an electric iron. Also when the waffle is brown and crisp and ready to take out of the iron, jab a fork firmly into it and lift the waffle straight up. If you work around the edges with a knife attempting to loosen it in that way, the waffle will break and be almost impossible to get out whole.

Next question: "What causes doughnuts to crack during frying?"

I am sending this listener a copy of the Baking bulletin, which gives directions for making and frying doughnuts. Doughnuts are likely to crack during frying if the fat is too hot when they are first put in. A crust is then quickly formed over the doughnut, and as it continues to cook, steam and gas from the inside of the doughnut cause the crust to break. The doughnut is, of course, not in any way injured by this cracking of the crust, though it may absorb a little more fat.

One more question precedes the menu. By the way, I have a brand new dinner suggestion today-- Tomato, Corn, and Cheese on Toast. Ever hear of that combination? It's mighty good.

Here's the last question: "When I washed my cream-colored curtains, they faded almost white. Is there any way to restore the color, besides dyeing the curtains?"



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Yes, there is a way. Cream, ecru, and brown curtains can be re-tinted easily with very solutions of commercial dye. Or a strong solution of tea or coffee, or a combination of both tea and coffee, added slowly, to hot water, may be used for tinting. Test the color on a piece of muslin. Remove the curtain, as soon as the desired shade is obtained.

Now that we're through with questions and answers, we can discuss dinner plans. Does this sound all right? Tomato, Corn, and Cheese, on Toast; Panned Kale; Grapefruit and Nut Salad, and Crackers.

Seven ingredients, for Tomato, Corn, and Cheese, on Toast:

2 cups canned tomatoes	2 teaspoons salt
2 cups canned corn	3 tablespoons flour, browned, and
1 onion, sliced	3 tablespoons butter
1/4 pound sharp flavored cheese, flaked,	

Seven ingredients you should have. I'll read them again: (Repeat)

Brown the onion in 1 tablespoon of the butter. Boil the tomatoes for 5 minutes, then press through a fine sieve to remove the seeds. Brown the flour in a heavy iron skillet, and mix with the remaining 2 tablespoons of butter. Add the tomato, and cook until thickened. Combine all the ingredients except the cheese, and cook for 2 or 3 minutes. Then stir in the flaked cheese. When the cheese has melted, serve on slices of thin, crisp toast.

You will find the recipe for Panned Kale in the Radio Cookbook, on page 18

To repeat the menu: Tomato, Corn, and Cheese, on Toast; Panned Kale; Grapefruit and Nut Salad, and Crackers.

Tomorrow I'll tell you how to keep the moths away from your winter clothing.

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